



**USE IT LIKE YOUR
BUSINESS CARD
OR NAB THAT
PROMOTION** {page 14}

**REACTIONARY
VITAMIN PER DAY
KEEPS VICES IN PLAY,
STUDY SHOWS** {page 13}



NEW TONE

EVA MENDES TAKES A WALK ON EASY STREET

{page 10}



OTTAWA

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Tuesday, May 3, 2011
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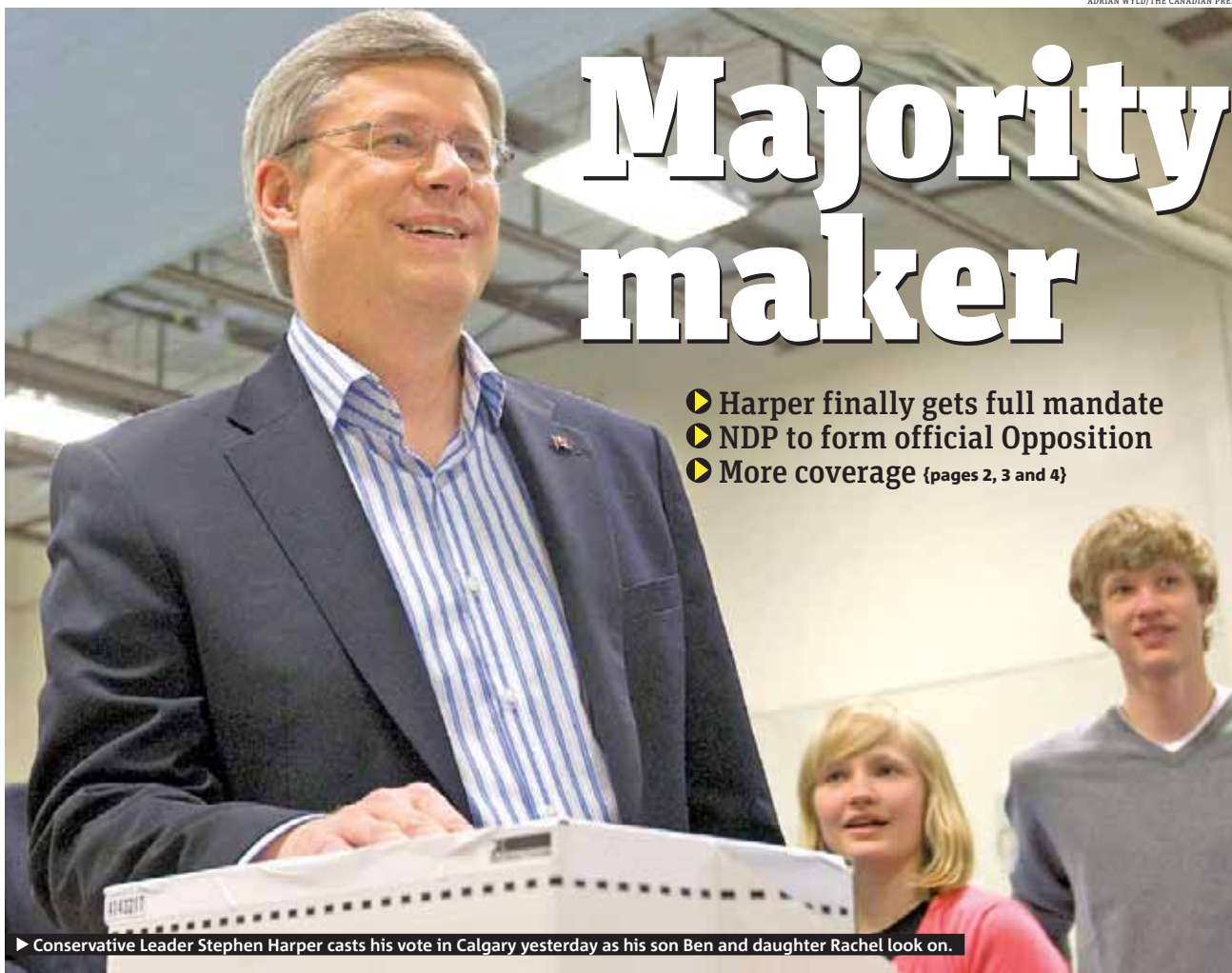


News worth sharing.

ADRIAN WYLD/THE CANADIAN PRESS

Majority maker

- ▶ Harper finally gets full mandate
- ▶ NDP to form official Opposition
- ▶ More coverage {pages 2, 3 and 4}



▶ Conservative Leader Stephen Harper casts his vote in Calgary yesterday as his son Ben and daughter Rachel look on.

Death of bin Laden

Raid details emerge

- ▶ Bin Laden shot in the head during firefight in Pakistan
- ▶ Buried in North Arabian sea {page 6}

Research in painfully slow motion

Observers predict RIM will be left behind by the time new BlackBerrys come out {page 8}

Defence policy

Canucks-Preds series not likely to show much in way of offence {page 21}

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1
news

Risks, shmisks: Site of Japan's nuclear disaster becomes a tourist attraction.

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On the web at metronews.ca

Allan Small on the impact of skyrocketing gold and silver prices. More at metronews.ca/investing.



► Paul Dewar

Ottawa Centre

Paul Dewar, NDP (incumbent) 2,917
Scott Bradley, Liberal 1,124
Damian Konstantinacos, Conservative 1,532
Jen Hunter, Green 303

*Results at press time



► David McGuinty

Ottawa South

David McGuinty, Liberal (incumbent) 5,174
Elie Salibi, Conservative 3,914
James H. McLaren, NDP 2,385
Mick Kitor, Green 345
Mike Bleskie, Pirate 74

*Results at press time



► Mauril Bélanger

Ottawa-Vanier

Mauril Bélanger, Liberal (incumbent) 14,941
Rem Westland, Conservative 10,949
Trevor Haché, NDP 12,037
Caroline Rioux, Green 92

*Results at press time



► John Baird

Ottawa West-Nepean

John Baird, Conservative (incumbent) 9,068
Anita Vandenberg, Liberal 6,208
Marlene Rivier, NDP 4,610
Mark J. MacKenzie, Green 1,027

*Results at press time



► Royal Galipeau

Ottawa-Orléans

Royal Galipeau, Conservative (incumbent) 6,192
David Bertschi, Liberal 5,310
Martine Cenatus, NDP 2,291
Paul Maillet, Green 437

*Results at press time

Ottawa voters stick with what they know

► Longtime Liberal MP Mauril Bélanger wins close-fought race over NDP candidate Trevor Haché

Ottawa voters stuck by their incumbents, but in Gatineau residents were swept away by the orange NDP crush.

Hull-Aylmer candidate Nicole Turmel, Gatineau candidate Françoise Boivin and Mathieu Ravignat in the Pontiac hoisted the NDP flag, unseating incumbents including Conservative cabinet minister Lawrence Cannon.

"We were close to the people during the campaign and we were listening to what they want from us," said Turmel.

In Ottawa-Centre, incumbent NDP MP Paul Dewar held on comfortably to his seat, while in Ottawa-West Nepean, Conservative MP John Baird called the election of himself and three other Ottawa Conservatives a huge vote of confidence.

"We've got a tremendous amount of work to do to fulfil the mandate the people of Canada have given us and we will continue to focus on their priorities," said Baird.

● SEAN MCKIBBON, JOE LOFARO, JESSICA SMITH, DAREN DESAULNIERS



► Ottawa-Centre MP Paul Dewar cheers with his family and supporters at the Sala San Marco on Preston Street. "This win is different from all the rest," Dewar said after speaking to a crowd of more than 200 people. "People have embraced a positive message, and the people of Ottawa-Centre have done that as well."

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CONTRIBUTED



► Pierre Poilievre

Nepean-Carleton

Pierre Poilievre, Conservative (Incumbent): 1,628 votes
 Ryan Keon, Liberal: 806
 Ric Dagenais, NDP: 538
 Jean-Luc Cooke, Green: 155

*Results at press time

CONTRIBUTED



► Gordon O'Connor

Carleton-Mississippi Mills

Gordon O'Connor, Conservative (Incumbent): 17,522
 Karen McCrimmon, Liberal: 7,599
 Erin Peters, NDP: 5,144
 John Hogg, Green: 1,497

*Results at press time

CONTRIBUTED



► Pierre Lemieux

Glengarry-Prescott-Russell

Pierre Lemieux, Conservative (Incumbent): 5,276
 Julie Bourgeois, Liberal: 3,012
 Sylvie Lemieux, Green: 436
 Denis Séguin, NDP: 1,949
 Jean-Serge Brisson, Libertarian: 35

*Results at press time

CONTRIBUTED



► Nycole Turmel

Hull-Aylmer

Nycole Turmel, NDP: 11,505
 Marcel Proulx, Liberal (Incumbent): 3,683
 Dino Lemay, Bloc Québécois: 1,540
 Roger Fleury, Green: 407
 Nancy Brassard-Fortin, Conservative: 2,002

*Results at press time

CONTRIBUTED



► Françoise Boivin

Gatineau

Françoise Boivin, NDP: 7,029
 Richard Nadeau, Bloc Québécois (Incumbent): 1,770
 Steve MacKinnon, Liberal: 1,636
 Jonathan Meijer, Green: 110
 Jennifer Gearey, Conservative: 949

*Results at press time

CONTRIBUTED



► Mathieu Ravignat

Pontiac

Mathieu Ravignat, NDP: 7,231
 Lawrence Cannon, Conservative (Incumbent): 4,773
 Cindy Duncan McMillan, Liberal: 1,488
 Maude Tremblay, Bloc Québécois: 1,485
 Louis-Philippe Mayrand, Green: 261

*Results at press time



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Monumental shift in political landscape

- Tories win coveted majority
- NDP made official Opposition



Stephen Harper has sealed his place in the history books, winning a Conservative majority to ensure four uninterrupted years of power and a seat in the Tory pantheon.

Aided by an ascendant NDP that helped split the vote, Harper won his first majority after two successive minority governments that many pundits and pollsters wrongly believed marked a glass ceiling for the former Reform party founder.

In the process, Harper also delivered a historic defeat to Canada's once "natural governing party," as Michael Ignatieff's Lib-

erals tumbled to third place in the seat standings behind the NDP.

The New Democrats rode a mid-campaign surge of support to an orange revolution of sorts, becoming Canada's official Opposition for the first time and almost tripling their representation to more than 100 seats.

Harper joins Canada's first prime minister, Sir John A. Macdonald, and 1950s-era John Diefenbaker as just the third Conservative ever to win three consecutive elections.

What most public opinion polls had suggested would be a nail-biter of an election was over by the time it hit Ontario's western border.

THE CANADIAN PRESS



► Jack Layton watches the election results with his wife, Olivia Chow, in the presidential suite last night at the Intercontinental Hotel in Toronto.

Conservatives dominate in battleground Ontario

A historic election that will see the Conservatives form a majority government and the NDP surge to second place is making waves in Ontario.

Returns from yesterday's federal election show the Conservatives dominating with 44 per cent of the popular vote

and 55 seats in the province.

The NDP have switched places with the struggling Liberals, taking 19 seats with 28 per cent of the popular support compared to just three seats and 23 per cent for the Grits.

In 2008, the Tories won

51 seats in Ontario and 39.2 per cent of the popular vote. The Liberals took 38 seats (33.8 per cent) and 17 (18.2 per cent) went to the NDP.

Liberal Leader Michael Ignatieff lost his own Toronto seat in Etobicoke-Lakeshore, ensuring he won't be around to lead

the Liberals when Canadians next go to the polls October 2015 under Harper's fixed election date law.

NDP Leader Jack Layton and his wife, Olivia Chow, both retained their seats in Toronto while cabinet ministers Tony Clement and Jim Flaherty were al-

so re-elected.

Meantime, hockey legend Ken Dryden lost his bid for a fourth term in York Centre while Helena Guergis failed to hang on to her riding of Simcoe-Grey as an Independent to Tory candidate Kellie Leitch.

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► Liberal Leader Michael Ignatieff marks his vote yesterday in Etobicoke.

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Details emerge on secret Osama hunt

► As part of Islamic tradition, bin Laden's remains wrapped in white sheet ► Buried in North Arabian sea

U.S. officials revealed details yesterday of the daring raid in Pakistan in which elite American forces killed Osama bin Laden — and how they confirmed that the man they killed was the world's most-wanted terrorist leader.

Bin Laden, the al-Qaida leader and architect of the Sept. 11, 2001, attacks, was shot in the head in a fire-fight in Pakistan Sunday night. He was then quickly buried at sea, in a stunning finale to a furtive decade

on the run.

Obama administration officials said DNA evidence confirmed the death. White House officials were mulling the merits and appropriateness of releasing a photo.

Three adult males were also killed in the raid, including one of bin Laden's sons, whom officials did not name. U.S. officials also said one woman was killed when she was used as a shield by a male combatant, and two other

women were injured.

The compound is about half a mile from the Kakul Military Academy, an army-run institution for top officers in the bustling, hill-ringed town of around 400,000 people.

Officials said bin Laden was killed at a compound north of Islamabad. White House counterterrorism adviser John Brennan said that U.S. forces would have taken bin Laden alive if they had the opportunity.

THE ASSOCIATED PRESS



► Swiss-born Carmen Binladin, who separated from Osama Bin Laden's older brother Yeslam 20 years ago, said at a Geneva hotel yesterday that her former brother-in-law would have chosen death over capture. Binladin spells her surname differently than Osama and his family.

Americans celebrate killing of bin Laden

Joyous at the release of a decade's frustration, Americans streamed to the World Trade Center

and the White House to celebrate the death of Osama bin Laden — cheering, waving flags and belting the national anthem.

In front of the White House, a crowd gathered before President Barack Obama addressed the nation late Sunday to declare, "Justice has been done." THE ASSOCIATED PRESS



► A man looks at newspapers at the Newseum in Washington after Osama bin Laden was killed.

New bin Laden tape recorded before death may soon surface

U.S. intelligence officials believe Osama bin Laden made a recording shortly before his death and expect that tape to surface soon.

A U.S. official says that intelligence indicates it is already working its way through al-Qaida's media pipeline.

A new recording from

bin Laden would provide a final word from a terrorist who taunted the U.S. with recorded propaganda for years.

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Reporter missing in Syria, search on

- Journalist's family issues a statement appealing for information
- Describe her as a 'global citizen'

An Al-Jazeera journalist has not been heard from since she entered Syria on Friday to report on the political turmoil there, the Arab satellite TV station said yesterday.

A regional official of the Committee to Protect Journalists said there was "strong evidence" suggesting that Dorothy Parvaz had been detained on arrival at Damascus airport on a flight from Qatar. She has U.S., Iranian and Canadian citizenship, and formerly was a reporter and columnist for the Seattle Post-Intelligencer.

"We are deeply concerned for Dorothy's safety, security and

Home raids

► Syrian troops conducted raids yesterday aimed at ending the six-week uprising against President Bashar Assad's regime.

► Rights groups say at least 545 Syrians have been killed since the crackdown began.

well-being," Al-Jazeera said in a statement. "We are requesting full co-operation from the Syrian authorities to determine what happened at the airport, what her current location is and the status of her health." **THE ASSOCIATED PRESS**

Faithfully. Blogging



► Benedictine nun Catherine Wybourne, of Britain, uses her smartphone to connect to the Internet during a meeting of Catholic bloggers at the Vatican yesterday.

PIER PAOLO CITTO/THE ASSOCIATED PRESS

Higher blogosphere

Aware of the role that the Internet is playing in spreading Catholicism, the Vatican invited 150 Catholic bloggers to its first blogging summit. The event drew 750 requests from would-be participants.

Tornado count may break daily record

Government estimates say there were more tornadoes in a single day last week than any other day in U.S. history. Analysts with the

24 NOAA says 340 people were killed during a 24-hour period, from 8 a.m. Wednesday to Thursday.

National Oceanic and Atmospheric Administration said there were 362 tornadoes last week, including a record-setting 312 in one 24-hour period.

THE ASSOCIATED PRESS

Gadhafi assets could amount to millions

The Swiss government says it has identified assets worth more than \$416 million that may belong to Libyan leader Moammar Gadhafi or his entourage.

Swiss Foreign Minister Micheline Calmy-Rey revealed the figure yesterday at a diplomatic meeting in the Tunisian capital, Tunis.

Switzerland ordered banks and other financial institutions to freeze possible assets belonging to the three men and key supporters to prevent the funds from being secretly withdrawn.

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RIM on the ropes with new phones

► Debuts BlackBerry Bold models and PlayBook apps
► But analysts say it's not enough in cutthroat market

Research In Motion may be waiting too long to debut its new generation of BlackBerry early next year in the competitive smartphone market, analysts say.

"The BlackBerry phones need a fresh start now," Sascha Segan, PC Magazine's lead mobility analyst, said yesterday from the BlackBerry World Conference in Orlando, Fla. "Without a major change to their software, they're not going to attract new developers and consumers."

The Canadian smartphone maker announced two new BlackBerry Bold models with an upgraded operating system and some software applications at its

"If we don't see any surprises, then it's definitely going to be a tough quarter for RIM in the smartphone market."

SASCHA SEGAN, LEAD MOBILITY ANALYST, PC MAGAZINE

annual conference.

However, it's not what analysts believe is critical to RIM's future. In early 2012, RIM will launch a line of BlackBerry "super phones" with the same operating system as its new PlayBook tablet. The QNX system is expected to give users a bet-

ter Web experience and allow them to run multiple software applications.

Apple's iPhone along with HTC, Samsung, Motorola and LG smartphones have been eating away at RIM's market position, especially in North America.

Technology analyst Anil Doradla of U.S.-based William Blair & Co. says the market and trends could very well change by the time RIM launches its new smartphones, and RIM will have to make good on its promises for the QNX-based BlackBerrys.

"From an investor's point of view, it will be a credibility issue," he said.

THE CANADIAN PRESS

Clipped. Wings



RATIQ MAQBOOL/THE ASSOCIATED PRESS

Air India pilots stand their ground

Air India's 800 pilots refused to work for a sixth day yesterday, defying a court order that they call off the labour action. The pilots are demanding higher pay and an investigation into mismanagement that they say has brought losses of more than 160 billion rupees (\$3.4 billion). Air India says the strike is costing it about 12 million rupees (\$258,000) a day.

Chrysler back from the brink

Chrysler has reported first-quarter net income of \$116 million and revenue

of \$13.1 billion, its first profit since leaving bankruptcy two years ago.

Chrysler last reported a net profit in 2006.

THE ASSOCIATED PRESS

Honda cuts production of 2012 Civic, CR-V

Honda Motor Co. expects to run short of the Civic compact and other models this summer because of parts shortages, the company said yesterday.

Honda will cut production of the new 2012 Civic, the sixth-most popular car in the U.S., through the summer, and perhaps for longer. In addition, the 2012 version of the CR-V small SUV will be delayed

by at least a month this fall. To make up for shortages, Honda will keep making the 2011 version.

Both vehicles are made in North America, but like other automakers, Honda is running into shortages of chips, sensors and other parts made at factories in Japan that were damaged by the March 11 earthquake.

THE ASSOCIATED PRESS

"Our goal remains to normalize overall production sometime around the end of the year."

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ON THE BLOCK

Court OK's Nortel patent bid

Nortel Networks Corp. has won court approval for a \$900-million "stalking horse" bid by Google for the company's remaining patents and patent applications. Qualified bidders hoping to top the Google offer must submit offers

by June 13, while the auction is set for June 20. The winning bid will require court approval in Canada and the U.S.

Nortel has raised billions of dollars selling its assets to pay off creditors, bondholders and others. The company has said it doesn't expect shareholders will receive any of the proceeds. It's also unlikely that Nortel pensioners will get any of the money raised from the asset sales.

THE CANADIAN PRESS

Market moment

TSX	Dollar
- 10.28 (13,934.51)	- 0.49¢ (105.17¢ US)
Oil	Natural gas
- 41¢ US (\$113.52 US)	1,000 cu ft \$4.763 US (+ 0.14¢ US) Gold contracts \$1,557.10 US (+ 70¢ US)

BARIS AN OF AP.M. YESTERDAY

TRYING TO CATCH UP FOR LOST TIME

SHE SAYS ...

JESSICA NAPIER
METRO



We all have bad habits: Smoking, nail biting, littering. For me, procrastination is one particular vice that I would like to give up for good — if I could just get

around to it.

They say don't do tomorrow what you can do today. And I try, I really do. I repeat this mantra over and over again, but I always wind up pushing those nagging tasks to the back of my mind until it's too late. When faced with an unwanted chore I'm too willing to delegate the task to Future Jessica.

I thought that once I had pulled my final all-nighter and left my student lifestyle behind I would stop cramming for exams and grow out of my counterproductive tendencies. And yet here I am, years later and I'm still leaving things to the last minute.

There are tons of tasks — both big and small — that I avoid day in and out. From scrubbing out the dirt in between the keys on my MacBook to changing the light bulb that burnt out in 2009, there is no chore I won't ignore. I have become a certified hesitator, an expert dawdler.

Why do so many of us spend our time avoiding the inevitable?

There are plenty of excuses; perhaps you "work best under pressure" or are easily distracted or there just aren't enough hours in the day. But I think we all realize that, ultimately, procrastination isn't really about time management at all.

The desire to postpone those less than exciting tasks doesn't come down to scheduling; it's all about choice, and maybe a little

anxiety. I didn't file my tax return at 8 p.m. on April 30 because I didn't have time; it was because I really, really didn't want to do it.

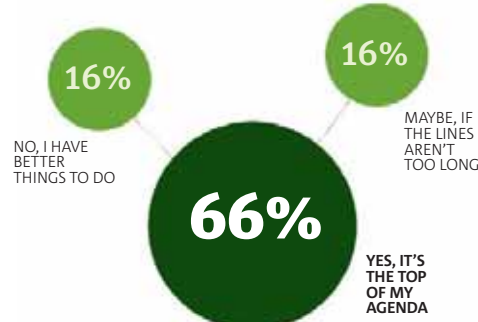
Knowing you should do something and putting it off regardless is a psychological problem, not an organizational one.

Starting the job, whether it's an unruly pile of laundry or a long list of emails that need replies, is always the hardest part. The key is to reframe these tasks in your mind — don't focus on the hard work associated with studying for a test but the satisfaction you will get from finishing it.

When we take the time (pun intended) to rethink our reasons for delaying and dilly-dallying then we might actually figure out how to move past this bad little habit ... eventually.

Read more of Jessica Napier's columns at metronews.ca/shesays

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Are you hitting the polls Monday?



Worth mentioning

NEW YORK. Governments worldwide are developing new tools to censor reporters as the media increasingly moves online, the Committee to Protect Journalists said yesterday.

In a report released on the eve of today's World Press Freedom Day, the committee said 69 journalists whose work appears mostly online were jailed as of Dec. 1, representing almost half of all reporters imprisoned worldwide.

The press advocacy group said the sophisticated censorship techniques are often coupled with physical intimidation of online journalists.

"These sophisticated, often invisible, attacks constitute a new front in the fight for press freedom," said Danny O'Brien, CPJ Internet Advocacy Co-ordinator and the report's author.

O'Brien said the techniques go well beyond web censorship, with governments using the Internet to spy on writers and sabotage independent news sites.

"The aim is not only to censor but to block or disrupt the reporting process and the dissemination of news and information," he said.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Treasure trove unearthed in backyard

A trove of medieval jewelry and other precious objects found by a man working in his backyard includes pieces made for a royal court and may be worth as much as \$142,000, Austrian government experts said yesterday.

The officials from Austria's department of national antiquities and the Academy of Sciences said they were only at the beginning of their investigation into the provenance and other

details of the find.

"We have in front of us high-end products (made) for the highest consumer class of central Europe" of the Middle Ages, academy member Thomas Kuehtreiber told reporters as security guards revealed some of the rarer pieces.

The Federal Office for Memorials said the trove consists of more than 200 rings, brooches, ornate belt buckles, gold-plated silver plates and other pieces or fragments, many encrusted with pearls, fossilized coral and other ornaments. It says the objects are about 650 years old. The location of the find lies on an important medieval trading route that ran between Poland and Italy, officials said.

THE ASSOCIATED PRESS

2

scene

Scene in brief



Teen star Selena Gomez has been announced as co-host of next month's MuchMusic Video Awards. The Wizards of Waverly Place star will also perform at the annual bash, to be held June 19. Gomez will share the hosting duties with MuchMusic VJs.

THE CANADIAN PRESS



Charlie Sheen tours tornado damage in Alabama, says he wants to organize relief event

No easy workouts for actress Mendes

► New EasyTone products from Reebok help give a boost to work out routine by providing extra resistance



JANINE FALCON
SCENE@METRONews.ca

"I'm just like everyone else," says Eva Mendes. "I do not enjoy going to the gym, but I do it because I have to do it for my mind, for my body, for my soul, and for my career."

And that fitness is not on her list of fun things to do makes the actress a relatable spokesperson for Reebok EasyTone, the athletic-wear brand's line of toning apparel and shoes.

"What I like about EasyTone is that they help me fit more exercise in when I'm running around," Mendes explains in a recent interview with Metro.

"Easy" may be part of the Reebok toning technology name, but don't make the mistake of thinking this is clothing that works hard FOR you. In fact, it's apparel that makes YOU work harder. Although the shoe looks like a regular sneaker, the EasyTone shoe sole features an air chamber that compresses as it hits pavement. It simulates the balance ball movement, creating an im-

Where to buy

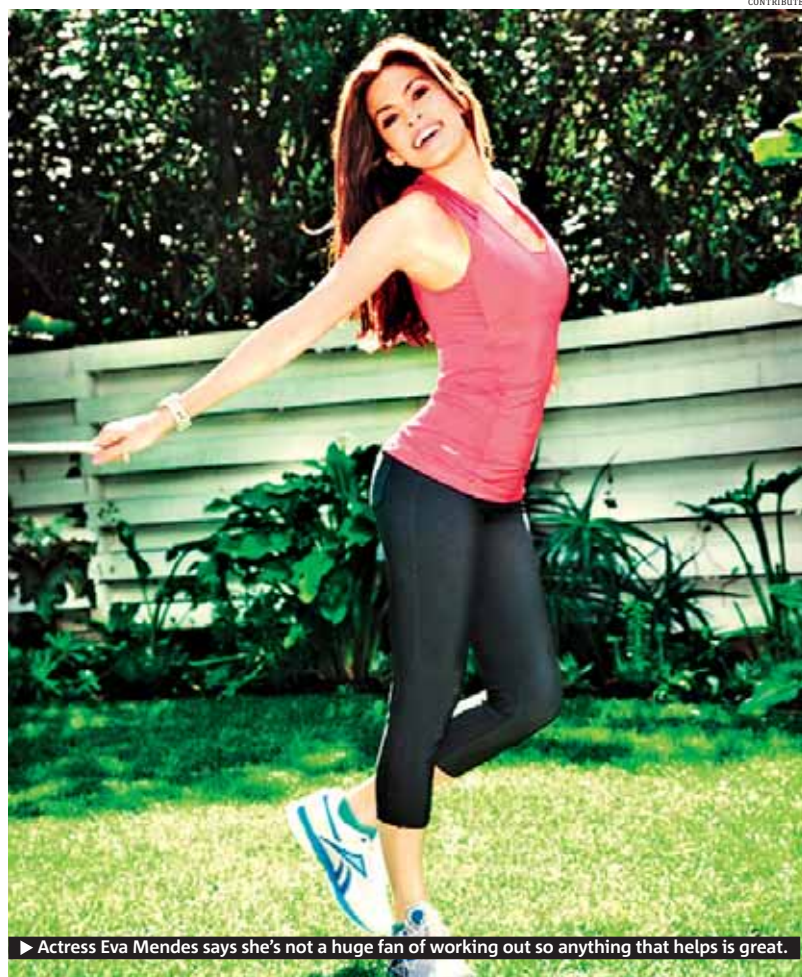
► **Sport Chek.** The EasyTone shorts are \$54.99, EasyTone shoes are \$109.99, and the EasyTone Sleeveless top is \$64.99. Available at Sport Chek locations across Canada.

balance that forces the wearer to work a little harder as she walks.

"I love the idea of killing two birds with one stone. You're already going to be out there running errands, running around with your kids or your dog," notes Mendes. "So why not use a shoe that helps you out and tones you up a bit while you're doing it?"

The clothing features high-tech tension fabric bands at the shoulders, between the shoulder blades, at the torso, and, in the pants, at the hamstrings, to create muscle resistance as the wearer walks or runs.

"The thing I love about the clothes is that they support everything, give you a nice shape, and remind you to maintain your posture," says Mendes.



► Actress Eva Mendes says she's not a huge fan of working out so anything that helps is great.

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▶ Kato (Jay Chou) and The Green Hornet (Seth Rogen)

The Green Hornet
Genre: Action

Director: Michel Gondry

Stars: Seth Rogen, Jay Chou

You can see where schlubby Canuck Seth Rogen comic and his co-writer Evan Goldberg are coming from. Tired of the usual heroic clichés and time-wasting exposition, they set out to mock the whole process.

Yet at the same time, they can't resist buying into the superhero myth.

The standard razzmatazz still feels like work even when it's being

played for supposed laughs. Reid fusses about finding the right name, getting the right car and establishing motivation (the playboy needs to prove his stern dead papa was wrong about him).

The fact that Rogen's Green Hornet actually is a party animal — his real identity is the spoiled L.A. newspaper heir Britt Reid, who doesn't even read — only makes the matter all the more confusing.

Meanwhile, Reid's trusty assistant Kato, played by Taiwanese pop star Jay Chou, obviously

didn't get the memo about the film being a parody. He plays the conventional superhero sidekick, coming perilously close to a racist Asian stereotype.

Chou does all the heavy lifting, both literally and dramatically, while Rogen cracks wise and takes all the credit — the combo

never really clicks. It's just one of the film's many gags that attempt to run but stumble instead.

Putting Michel Gondry in charge of direction was an idea that equally fails to pay dividends. The French fabulist's action sequences lack flair — including the slow-mo previews of

violence to come, a direct steal from Sherlock Holmes.

Gondry's cluelessness is most apparent in his handling of co-stars Christoph Waltz and Cameron Diaz.

Waltz is wasted in the role of an L.A. crimelord who suffers from esteem issues. Diaz is equally un-

der-employed as an ace reporter forced to toil as Reid's personal secretary.

As Rogen and Gondry now realize all too well, it's hard to be klutzy and cool at the same time, especially when you're not sure why you're doing it in the first place.

● PETER HOWELL


Curling
Genre: Historical drama

Director: Denis Côté

Stars: Emmanuel Bilodeau, Philomène Bilodeau

The films of Quebec's Denis Côté are not the cinema of conventional narrative or easy resolution. Not a single line of dialogue is wasted and every carefully composed frame requires study.

Côté makes finely wrought studies of people trapped in time and space, human ciphers who are mysteries even to themselves.

Yet Curling, the most polished of Côté's five features since 2005, presents us with his most emotionally involving characters: father and

daughter hermits Jean-François and Julyvonne, played by real-life father and daughter Emmanuel Bilodeau and Philomène Bilodeau.

We can't help feeling for their dilemma, even as we dread that something terrible might be hidden behind their awkward smiles. Set in deep winter in a remote Quebec village, where the cold constrains emotions, the film's deceptive quietude keeps us on edge, wondering what's really going on.

And a keen appreciation that we're witnessing the most accomplished work yet of a new Canadian auteur, but of a new Canadian master.

● PETER HOWELL

Thinking of that special gift for mom this Mother's Day, then visit 240 Sparks merchants, during the mall's exciting transformation!

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Make Mother's Day extra special this year, with a trip to 240 Sparks, on the corner of Bank & Queen!

Vous cherchez un cadeau spécial pour la fête des Mères? Visitez les commerçants au 240 Sparks pendant que le centre commercial est en pleine transformation!

Le stationnement est GRATUIT après 17 h du lundi au vendredi et TOUTE LA JOURNÉE le samedi et le dimanche!

Faites de la fête des Mères un événement vraiment spécial cette année. Rendez-vous au 240 Sparks, au coin des rues Bank et Queen!



WWW.240SPARKS.COM

Aussies give Bieber not so eggcellent treatment

► Bieber mania hit Australia and then at least two Aussies hit back on stage and in air

Justin Bieber is having a rough time in Australia.

An audience member at a recent concert reportedly pelted the stage with eggs, nearly hitting the teen sensation with two of them, according to X17 Online.

But the seasoned performer didn't miss a beat.

Then on the plane home, Bieber was reportedly labeled a flight risk for refusing to stay in his seat when the seatbelt sign was illuminated, according to Sky News.

A Qantas flight attendant reportedly told Bieber that he "had been acting like a child and would therefore be treated like one." ● METRO



► Justin Bieber

GETTY IMAGES

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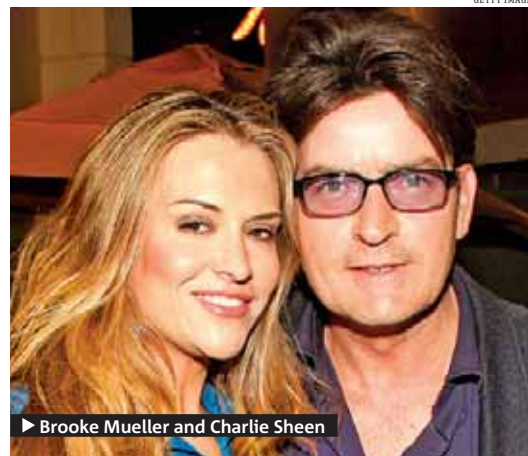
Kings

metro

50

Divorce dues ex-actly same

GETTY IMAGES



► Brooke Mueller and Charlie Sheen

Charlie Sheen and Brooke Mueller are officially divorced.

With the process completed this week, it has been six months after the initial petition to end their marriage, according to TMZ.

Mueller is set to receive \$55,000 a month in child support, the website reports, adding that the legal documents have an

interesting note: "Under no circumstances shall the child support paid by Charlie for [Mueller's sons] Bob and Max be less than the child support paid by Charlie to Denise Richards for [her daughters] Sam and Lola."

Mueller will also receive \$1 million for her share of the couple's home, of which Sheen will retain ownership. ● METRO

Celebrity tweets



Today, Rob Lowe is celebrating in New York, Seth MacFarlane still isn't satisfied, Jonah Hill doesn't need so many warnings, and Jenny McCarthy likes results.

@RobLowe

"At ground zero now.

Everyone together. No separate religions or political parties. Just people. Americans together; proud."

@SethMacFarlane



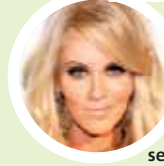
"Now that we've seen his birth certificate, I want to see proof that President Obama is black."

@JonahHill



"Saw a Verizon commercial where a guy harnessed the power of lightning to improve his phone. On the bottom it said, do not attempt. Yeah, I know."

@JennyMcCarthy



"We should have sent TMZ out to find OSAMA years ago. They find everyone."

ScarJo and Penn hand in hand

Scarlett Johansson attended this past weekend's White House Correspondents' Dinner on the arm of her fraternal twin brother, Hunter Johansson, but it wasn't long before she was by Sean Penn's side.

According to the Washington Post, Penn gave Scarlett his tuxedo jacket to keep warm, and the pair were photographed holding hands as they left an after-party later that night.

● METRO



► Taking a multivitamin is connected with the habit of indulgence, a new study shows.

Health or hedonist

► People taking multivitamins tend to reward themselves with hard partying, study shows

CELIA MILNE
LIFE@METRONEWS.CA

Maybe we're all on a health teeter-totter. When we do something healthy, we often follow it up with something unhealthy.

Call it normal human behaviour.

An intriguing new study in Taiwan has shown that people who have taken a multivitamin tend to reward themselves by indulging in unhealthy behaviour (such as partying).

In the study, 82 people were divided into two groups: those who were taking a multivitamin and those who weren't. The vitamin supplement group was more likely to take part in risky behaviours such as casual sex, sunbathing, wild parties, and excessive drinking than the group that didn't think they were taking a multivitamin. Those who thought they were taking a supplement also had a lower desire to exercise, to have a healthy meal, or to go for a

"People may simultaneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life."

DR. WEN-BIN CHIOU

long walk.

"In general," lead author Dr. Wen-Bin Chiou of National Sun Yat-Sen University told Metro in an email, "people may simul-

taneously seek to maintain good physical health and to pursue the hedonic goal of leading a pleasurable life. But after achieving ostensible progress toward the health goal by taking dietary supplements, they may feel entitled to reduce their efforts in this regard and pursue pleasurable activities."

Taking a multivitamin seems to be connected with the notion of invulnerability and indulgence.

The phenomenon works in reverse as well. "On the other hand," he

notes, "engagement in activities that pose health risks tends to motivate individuals to engage in acts that will restore health." An example of this is overeating and then taking a diet pill.

Chiou warns that people who take vitamin supplements need to be aware of the vicious cycle of doing something they perceive as healthy followed by an act of self-indulgence.

The study is to be published soon in the journal Psychological Science.

3

life

Vitamins



When it comes to buying dietary supplements, advice from the pharmacy is far more reliable than advice from health food stores. A study found that the amount of advice that was accurate from health food stores was seven per cent.

CELIA MILNE



Canada's Medical Hall of Fame inducting 6 new 'heroes' to its ranks



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Posture and promotions

► Subconsciously, we think people are “weaker” if they have bad posture ► If you’re one of them, read on



ROMINA MCGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

While you don’t likely give much thought to how great your posture is, others do notice the way you stand.

We are judged by how

we hold ourselves. It’s the difference between someone looking confident and healthy and someone looking beaten down.

“Good posture is the outcome of good muscular coordination throughout the entire body,” explains Noël Kingsley, author of *How to Free Yourself from*

Back Pain and practitioner of the Alexander Technique, a method that helps us restore natural balance, poise and coordination.

“Perfect posture is about feeling free, broad and expansive and standing at your full without effort or stiffness.”

As children (between the age of three or four), we begin to develop bad habits that distort our body’s natural posture. The Alexander Technique taps into the instincts we once had and liberates the body from this self-inflicted strain and tension.

“Posture is a reflex we all have in us and getting it ‘right’ should be nothing

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► Would you hire this slumpy guy? No way!



more than a thought, basic messages going from nervous system to the muscles,” explains Kingsley.

The idea is that you can tell your brain to lengthen your spine and reach to its full potential. Think of the head as going upwards and your back lengthening and shoulders widening.

The Alexander Technique re-teaches us to coordinate and harmonize

our muscles so that we can become freer, more upright and release muscle tension. (Simply standing up straight won’t help; doing so, you make yourself rigid and stiffen your neck.)

Bad posture can affect our breathing, concentration and self-confidence. People with poor posture are often stooped and shy and this is often perceived

as a sign of weakness. An improved and upright poise will bring you back to your full height (up to five centimetres) giving you something that in the long term will allow you to reach your full potential.

“Better balance means you are not leaning forward or stiff and will maintain a calm equilibrium through difficult circumstances,” adds Kingsley.

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► Experts warn the emphasis on weight risked people is leading to increased teasing and bullying among the youth.

War on weight

► As obesity campaigns escalate, skeptics warn of the worsening stigmatization against overweight people

The images are striking: Overweight boys and girls staring somberly from billboards and online videos, real-life embodiments of the blunt messages alongside.

"Chubby kids may not outlive their parents," for example. Or: "Big bones didn't make me this way. Big meals did."

The ads — part of a new Stop Child Obesity campaign in Georgia — won some enthusiastic praise for their attention-grabbing tactics.

But they also have outraged parents, activists and academics who feel the result is more stigma for an already beleaguered and bullied group of children.

dren.

"Billboards depicting fat kids are extraordinarily harmful to the very kids they are supposedly trying to help," said the National Association to Advance Fat Acceptance, which called for the billboards' removal.

The Georgia Children's Health Alliance, which created the ads, said they were necessary to jar parents of obese kids out of a state of denial that their children had a problem.

The furor reflects a broader nationwide phenomenon as states, cities and the White House itself — led by U.S. President Barack Obama's wife, Michelle Obama — expand

efforts to curb obesity.

For all the public support of these efforts, there's also a vocal and passionate corps of skeptics and critics worried that widespread discrimination toward the overweight and obese will only increase.

"Stigma is not an effective motivator," said Rebecca Puhl, a Yale University psychologist who is a leading expert on weight discrimination. "Whether children or adults, if they are teased or stigmatized, they're much more likely to engage in unhealthy eating and avoidance of physical activity."

THE ASSOCIATED PRESS

Standards

Ongoing fight

► Activism Fat-acceptance activists continue to struggle

against what they perceive as bias — on matters such as airline seating and seatbelt standards that don't account for extra-large people.



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WHEN YOUR TEETH NO LONGER LIKE HOT OR COLD!

Imagine getting ready to enjoy a nice, aromatic cup of coffee after a wonderful dinner. You bring the cup to your lips, inhale the fragrant scent and let the warm liquid enter your mouth! Only to experience a **sharp pain in your teeth** as that once welcome liquid coats your mouth!

We could, of course, focus on the fact that coffee is one of the main culprits for stained teeth. But instead, we are more concerned about that immediate "pain" reaction. That could be a sign that you may feel if you suffer from **hypersensitive teeth**.

Approximately **one in four adults** suffers from hypersensitivity. And if you think it is only a minor problem, we can assure you it can cause severe **pain and discomfort**.

The truth is that some cases can be solved simply by **brushing with a toothpaste specifically formulated for sensitive teeth**. For many people, this is not sufficient to solve the problem.

There are a number of potential causes for hypersensitivity. It is possible that you have an **old filling** that no longer fits well. If it is leaking, it may need to be replaced. A **new filling**, properly sealed, **may be just what you need to**



Dr. David Lui
Dental Surgeon

take away your sensitivity.

However, one of the most common causes of hypersensitivity is the **recession of the gums**. As we age, it is common for our gums to recede, exposing the root of the tooth to all those hot and cold drinks we love so much.

The good news is that there are steps you can take to prevent your gums from receding. **Poor oral hygiene practices** are the most common culprit for receding gums. Perhaps improper brushing techniques are leaving **plaque on your teeth** near the gum line. Over

time, the bacteria this will generate will result in recession at the gums.

Another common problem is **brushing too hard**. Many people brush their teeth so hard, they actually **push the gums down and away from the teeth**.

Fortunately, **your dentist can help cure your hypersensitivity**. If you are brushing too hard, your dentist will usually be able to tell and give you some tips that will help you improve your brushing technique.

If leftover plaque is the problem, a **professional cleaning** can take care of that in the short term. Then you can **talk to your dentist and have him/her show you the proper brushing technique** that will best remove as much plaque as possible.

If these steps do not alleviate the pain of hypersensitivity, you may require periodontal treatment. **Talk to your dentist to determine the best treatment option for you**. Because being able to enjoy hot or cold beverages without any pain is a healthy habit...and healthier habits lead to healthier lives.

Dr. David Lui
- Dental Surgeon

RAGWEED ALLERGIES?

Ever wonder what it would be like to be symptom-free during the ragweed pollen season?

The Allergy and Asthma Research Centre is testing an investigational oral medication for the treatment of ragweed allergies that may have the potential to ease allergy symptoms for an extended period of time.

You may be eligible to participate if you are between 18 to 55 years of age and have ragweed allergies.

Qualifying participants may receive up to \$800.00 upon study completion.



If you are interested in further information, please call:

613-725-2102
ext. 225

or visit us at:

www.yangmedicine.com

Sandra Rinomato holds a dust bunny as air quality expert Brian Stocks takes a closer look

GREG REEKE

BREATHE EASIER

BY FOLLOWING A FEW SIMPLE STEPS, ONTARIANS CAN IMPROVE THE AIR QUALITY IN THEIR HOMES

The quality of the air Ontarians breathe, both outside and indoors, plays a direct role in lung health. In particular, our homes can harbour a variety of chemicals and toxic particles generated by such items as cleaning, and personal care products and fireplaces.

Exposure to indoor pollutants such as dust, mould and tobacco smoke are linked to the worsening of lung diseases such as asthma. Given that Ontarians spend much of their time inside, it makes sense to reduce unnecessary indoor exposures as much as possible. Plus, doing so could make your home more appealing to potential buyers when you're ready to sell it.

"I know how important it is to have a

clean clutter-free home when buying or selling, but it also benefits your health," says Toronto-based HGTV and real estate expert Sandra Rinomato. "The average adult breathes about 20,000 times each day, so cleaning up the air in your home makes a lot of sense."

For example, stuffed animals can collect dust and dust mites so it's best to minimize them. Washing in hot water is the most effective way to kill dust mites.

"People with lung disease, like asthma, need to know there are simple yet effective ways to improve the air quality in their home that will help them breathe easier," says Rinomato.

Visit The Lung Association's www.YourHealthyHome.ca to help

TOP 5 TIPS EXERCISING SAFELY WITH ASTHMA

Canadian Olympic triathlete coach Barrie Shepley trains athletes, some with severe asthma. "The first thing I do is make sure they're working with their doctor to get their asthma under control," says Shepley. "Then I'm able to develop a program that will get them to the finish line safely."

The Ontario Lung Association offers these tips:

- Develop a "written asthma action plan" with your doctor or healthcare provider to determine how to adjust your treatment based on how well your asthma is under control.
- Manage your asthma by avoiding triggers, using your asthma medicines properly and following your written action plan so activity and exercise will be less likely to bother you.
- Warm up before exercising and cool down after.
- Cover your nose and mouth with a scarf when exercising outdoors in cold weather, to help warm and humidify the air.
- Move your work out inside if air pollution or pollen levels are high or it's a cold winter day.

Looking for more asthma tips? Call The Lung Association's Asthma Action Helpline at 1-888-344-LUNG (5864)

— Jane Doucet

identify and solve common indoor air quality problems that may be affecting you and your family's health. For more information about asthma, visit www.on.lung.ca or call 1-888-344-LUNG (5864).

ASTHMA Q&A

In Ontario, 1.7 million people have been diagnosed with asthma, and of that number, nearly 400,000 are children from infants up to age 14. Dr. Itamar Tamari, an Ontario family physician with extensive experience in asthma from his work in the Primary Care Asthma Program, answers some questions about the condition.

WHAT EXACTLY IS ASTHMA?

Asthma is a chronic lung disease that makes it difficult to breathe. A person's airways become narrow from inflammation, or spasm. Symptoms can include: coughing, wheezing, shortness of breath and coughing up phlegm.

WHAT ARE SOME COMMON TRIGGERS?

Some of the most common ones are dust, grass, mould, pet fur, dander and tobacco smoke. Part of asthma management includes avoiding triggers.

HOW IS ASTHMA TREATED?

The mainstay of treatment is inhaled steroids (anti-inflammatories) through an inhaler. If someone can't take steroids or doesn't want to, they should speak to their healthcare provider about other options.

WHAT'S AN ASTHMA ACTION PLAN AND WHY IS IT NECESSARY?

It's a written set of instructions by a healthcare provider to help an individ-

ual manage his or her own asthma. The Ontario Lung Association's website, www.on.lung.ca, has a template to create such a plan. It's a tool that helps people adjust the dosage of their medications based on their symptoms or their peak flow. These dosages have been discussed with their primary care provider.

WHAT ARE SOME COMMON MISCONCEPTIONS ABOUT ASTHMA?

First, people don't realize how serious it can be if it isn't well managed—people can die from it. Second, you might believe that you shouldn't be active or do sports if you have asthma. If asthma is well controlled, you can be as active as you want to be. In fact, many professional athletes have asthma.

And third, that children usually "outgrow" asthma. Some children might stop having asthma symptoms, but others might not, especially children who

also have allergies. Asthma is a chronic lifelong condition. However, symptoms might lessen or disappear over time, then reappear a few years later; it's a very variable disease. The better it's controlled, the more chance there is of stopping the triggers and asthma attacks.

— Jane Doucet



Need more asthma info? Call for The Lung Association's newest handbook, "Taking Control" 1-888-344-LUNG (5864)

Ralph & Sons serves up some old-fashioned goodness

► This diner offers a humble, friendly appeal & a menu of comfort food faves

LUNCH RUSH

SHARI GOODMAN
FOOD@METRONEWS.CA



I've always been wary of diners, especially ones attached to gas stations.

I've had too many greasy burgers and limp fries on family travels. But sometimes there are gems beside the pumps.

And it seems that the crowd here knows where

► **Ralph & Sons**
3420 Carling Ave.
613-828-0697
Reservations: No
Social lunch: Yes
Client negotiations: Yes
Price range: \$\$
Rating: 4 out of 5



► Cheeseburger with bacon and fries (\$9.39).

to go to get a tasty burger. With red-checkered decor and silver stools in front of the counter, this diner has a humble and friendly appeal where Ralph himself does the cooking.

You'll find the traditional menu options of grilled

cheese (slightly pricey for what you get), BLT, Western and so on. It's comfort food done right.

I ordered the cheeseburger with bacon, fries and gravy on the side. The patty was homemade and not overly thick. The hand-cut fries were pretty crisp

but could have benefitted by a few more seconds in the fryer. The gravy was decadent, but worth the calories, and the coffee was consistently refilled.

If you're looking for a casual diner with old-fashioned hospitality, Ralph & Sons won't disappoint.

Antioxidant Snack Mix



3 Pour chocolate mix into plastic bag, seal and shake to coat. Add almond flour, almonds and icing sugar. Reseal and shake to coat.

4 Spread mix on waxed paper and cool. Refrigerate in container up to 1 week.

THE CANADIAN PRESS

With less butter, less sugar and more fibre and antioxidants, this snack mix doesn't have to be reserved just for parties. Portion out a few servings in plastic bags at the beginning of the week for a satisfying grab-and-go snack.

Preparation:

1 Line large sheet pan with waxed paper. In large resealable plastic bag, place cereal and cranberries.

2 In microwavable bowl, add chocolate chips, almond butter and margarine. Microwave on high heat, uncovered, for 1 minute. Stir. Heat for another 30 seconds. Stir until smooth.

Ingredients:

- 750 ml (3 cups) multi-grain cereal squares
- 750 ml (3 cups) fibre cereal twigs
- 250 ml (1 cup) sweetened dried cranberries
- 175 ml (3/4 cup) dark chocolate chips
- 175 ml (3/4 cup) almond butter
- 125 ml (1/2 cup) enriched butter
- 175 ml (3/4 cup) almond flour
- 50 ml (1/4 cup) sliced almonds
- 175 ml (3/4 cup) icing sugar

A comforting combination

► This dish combines chicken with a smoked paprika mushroom cream sauce ► It's made in four simple steps

It's hard to go wrong with heavy cream and mushrooms.

Actually, you could just stop with the heavy cream. But we'll pretend the addition of mushrooms to this comforting Chicken with Smoked Paprika Mushroom Cream dinner somehow makes it virtuous.

If nothing else, relying on real, fresh ingredients will certainly be better for you than popping open a can of cream-of-anything soup.

Preparation:

1 In large bowl, combine 2 tbsp (30 mL) of the olive oil, vinegar, garlic, paprika, salt and pepper. Mix well; set aside.

2 Lay each chicken breast on the cutting board and slice across the cen-

tre horizontally to create 2 thin halves. Add the chicken to the bowl, turn to coat, cover and set aside for 20 minutes.

3 In large skillet heat remaining oil over medium-high, and cook mushrooms about 8 minutes or until browned. Add chicken and any marinade in the bowl to the pan. Brown the chicken on both

sides, about 4 minutes per side. Add wine and gently shake the pan to help deglaze it.

4 Reduce heat to low, add cream and thyme. Stir to combine with the mushrooms. Bring to simmer and cook for 1 minute. Serve chicken and mushroom sauce over noodles, rice or with bread.

THE ASSOCIATED PRESS

Ingredients:

- 1/4 cup (60 mL) olive oil
- 1 tbsp (15 mL) cider vinegar
- 6 cloves garlic, minced
- 1 tsp (5 mL) smoked paprika
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 1 1/2 pounds (625 g) boneless, skinless chicken

- breasts
- 1 lb (500 g) sliced button mushrooms
- 1/2 cup (125 mL) white wine
- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) chopped fresh thyme
- 1 green onion, finely sliced
- Bread, noodles or rice



► This chicken pairs well with noodles, rice or bread.

WHAT TO DO WITH YOUR TAX REFUND

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONews.ca



If you haven't filed your taxes yet, get on it! According to Canada Revenue Agency

(CRA), the average Canadian received a tax refund of \$1,400 in 2008.

If you're teed up for a refund this year, you've got plenty of options. You can give, save, pay off debt or spend it. I'd recommend a little of each.

Take 10 per cent off the top and give it to your charity of choice. Not only will this make you feel good, but the CRA will issue you an attractive tax

credit which can be applied to next year's tax return.

Take 30 per cent and invest it in your RRSP. You'll receive another tax deduction for next year's return in exchange for your contribution. In most cases, the generous tax advantages make an RRSP the best tool for long-term savings.

Apply 30 per cent to bad debt such as credit cards, car loans or lines of credit. If you're lucky not to have bad debt, pay down your mortgage instead. Making an extra monthly or bi-weekly payment each year can shave years off your mortgage.

What have you been eyeballing all year? Patio furniture, running shoes, golf clubs or vacation? Use the remaining 30 per cent of your refund and reward yourself!

For richer, for poorer

ON MONEY

ALISON GRIFFITHS
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Kate and Will's nuptials kicked off the wedding season in fine, albeit expensive, style. If you're thinking of following suit — even if you can't afford the dress — you will, no doubt, have a long To Do list.

One item at the top should be, wait for it, checking out each other's

Money rule

▶ A pre-nuptial credit check can save pain and shame down the road.

credit report. I suggested this recently at a women's conference. "That is sooo intimate!" declared one attendee. "Too intimate!" agreed another.

True enough. Exposing this side of your life — especially if there's an underbelly to it — is the ultimate test of a relationship. But knowing each other's credit score and history avoids unpleasant surprises.

A couple I worked with on my television show, Maxed Out, had been together two years when they applied for a mortgage. Up popped a raft of delinquent, and unrevealed, loans on the women's credit report. They bought the house



▶ Dress, cake, credit check

but had to borrow from a higher interest lender. Eventually the financial stress caused by the payments felled their marriage.

Examining your credit report annually is a good practice in any case. My husband and I just discovered that our truck loan, paid off last year, still lingers as unpaid.

The government requires the two major credit reporting agencies,

TransUnion (transunion.ca) and Equifax (equifax.ca), to provide free credit reports. You have to apply by mail. A full credit report, plus your credit score, will cost you around \$25 from either agency and you can apply on-line.

It may not seem very romantic, but a credit report check-up is an important step for couples who want to build a sound financial foundation.

Wedding stats

- ▶ Financial stress is the number one cause of marital break up.
- ▶ Most popular wedding month, June — 10.8 per cent of marriages.
- ▶ The least popular — January — 4.7 per cent.

Buying your first home without stress

More than ever, first-time homebuyers are weighing their options before embarking on the Canadian dream of owning a home. "We want consumers to be

comfortable with the financial responsibilities of owning a home, so it's important to determine what they can afford in order to maintain a reasonable

lifestyle once they've made the leap," says Phil Soper, president of Royal LePage Canada. As such, Soper offers these guidelines for first-time homebuyers:

1. Determine your net worth. Take your assets (cash, investments, savings, vehicles and other items you own) and subtract your liabilities (car loans, lines of credit, overdrafts and credit cards). A positive number is a good sign that you may be ready to purchase your first home.

2. Obtain mortgage pre-approval. There are many different mortgage options available on the market today. Thoroughly investigate the terms and rates available, and once you have settled on a rate, term and amortization period, apply for mortgage pre-approval with your lender. Mortgage pre-approval presents you as a serious purchaser, to both real estate agents and sellers.

3. Hire a real estate agent. Top agents have ex-



▶ Be realistic about what you can afford.

tensive experience and demonstrate dedication and commitment to helping their clients. Ask your family and friends for a referral, or explore real estate sites such as www.royallepage.ca to read profiles on agents, including their areas of expertise and languages spoken. A real estate agent will have knowledge of ac-

curate, real-time market data to leverage your negotiating position, as well as access to properties often even before they are listed on MLS.

4. Be realistic. Choose a home that is within your means. Keep in mind that you will need to set aside extra funds for ongoing home maintenance and potential increases in utili-

ties, taxes and mortgage rates.

5. Rent out a portion of your home. Consider buying a home with the potential to provide added income. Renting a basement apartment or a spare room can put extra money in your pocket, helping you to pay down your mortgage faster.

NEWS CANADA

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FINDING LOVE IN A TIME OF ADVERSITY

Names:
Jodi, 33, and Angelo, 31

Hometown:
Toronto

Together since:
2008

Their story:

In 2008, my mom suffered a stroke and fell into a coma.

Everyday, all day, I (Jodi) sat at the hospital.

I spent most of my time in the ICU's waiting room as I was not allowed to stick around when the doctors were in with my mom.



► Jodi and Angelo's love story began in a hospital.

After a week straight of being there, seeing the same people day in, day out, I met a family whose son (Angelo) had been in a terrible car accident and was in an induced coma.

Over the next month, I saw them everyday and always asked about their son, as they did my mother.

A few weeks later, my mom and Angelo were released from the ICU and

moved to different wards in the hospital.

One day, as I was leaving after a visit with my mother, I ran into Angelo and his sister in the elevator, and we finally met face to face.

Soon after, Angelo and I were bumping into each other regularly around the hospital, and I started visiting him in his room.

When Angelo was released from the hospital in

July 2008, we exchanged numbers and began talking on the phone.

Our first "dates" were spent watching movies at his house as he wasn't yet in any condition to go out.

It's been three years since our fated meeting, and we are now living together.

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

SEARCHING FOR COUPLE-FRIENDS

SMUG MARRIEDS



ANGELA PACIENZA & DEREK CHEZZI
2FORCOUPLES.COM
TWITTER: @SMUGMARRIEDS

How do we meet new like-minded couples?

Angela says ...

Take a look at your common interests and find social events where people are doing things you enjoy.

Join a co-ed soccer or dodge ball league. Take a cooking class. Love music? Get out to concerts and chat up people near you after the show. Derek and I have also met great couples

while travelling.

It's amazing how easy it is to strike up friendships once you find you're both from the same city. Try using a simple "You sound Canadian. Where are you from?" Love board games? Cafés and pubs are popping up across the country where folks gather to play Scrabble or Ticket to Ride.

Derek says...

Angela's approach requires investing a lot of time and energy, both of which are in short supply.

If you're looking for a quick way to boost your inner circle, friends of friends are your best bets.

Host a cocktail party, inviting a few couples and ask each to bring along an entertaining and engaging couple you've never met but with whom you'd get along.

You're bound to find at least one gem in the bunch.

Fiscal house is the marital house

TIM HALES/THE CANADIAN PRESS

► Savers and spenders can be united in matrimony for better or worse

Prince William and bride Kate Middleton won't likely ever have to worry about paying their bills, but the honeymoon can end for many newlyweds when they start talking about money.

Savers and spenders are often united for better or worse and they have to adapt to each other's attitudes toward money, financial experts say.

Couples who seem to be successful at marriage are usually good with their finances, said certified financial planner Marta Stiteler.

"Once you marry this person, it's for richer or poorer," said Stiteler, an associate at Pillar Retirement Group in Hamilton, Ont.

"You had better get working as a team and get your fiscal house in

"I think communications is key — who pays for what. I think clarity is really important. People are so much in la-la land."

FINANCIAL PLANNER MARTA STITELER ON SPENDING A FINANCIAL LIFE TOGETHER WITH YOUR PARTNER

order and that's the marital house."

It's possible that a couple may start off with different financial personalities but they grow together through compromise, she said.

Honesty is the best policy, she added, especially when it comes to disclosing any debts.

"It has to be 'It's our debt and we have to get a handle on it and we need to pay it down,'" Stiteler



► Prince William and wife Kate Middleton likely won't need to be concerned about their bills, but the same can't be said for most other newly weds.

said.

BMO Mortgage specialist Laura Parsons said couples usually start thinking about buying a home and need to keep a level head about what they can afford.

"With all this excitement of being newly mar-

ried, your emotions can take a first seat and that's not what you want," she told a BMO conference to discuss financial strategies for newlyweds.

Parsons suggests couples look into a pre-approved mortgage that will force

them to stay within budget and consolidating any debts to get them paid off.

"You do not want to go into home ownership with a lot of debt."

Couples also have to decide if they want a joint account or separate accounts

combined with a joint account for payments, she added.

She noted that BMO has a tool for couples to track their monthly spending that will also target any overspending.

THE CANADIAN PRESS

Game 2. Bruins win



► Boston's Brad Marchand takes a shot on goal against the Flyers last night.

PAUL BERESWILL/GETTY IMAGES

Krejci gives Bruins OT win over Flyers, 2-0 lead in series

David Krejci scored 14:01 into overtime and the Boston Bruins beat Philadelphia 3-2 last night to take a 2-0 lead in the Eastern Conference semifinal series. Tim Thomas was phenomenal in net, stopping 46 straight shots after the Flyers took a quick 2-0 lead. Krejci fired a one-timer from one knee that ricocheted off the back of the net and back onto the ice. Play continued until officials could review the call. But the goal was clearly good. **THE ASSOCIATED PRESS**

Defensive battle

- Both Vancouver Canucks and Nashville Predators expect stingy defence to continue
- Canucks allowed a league-fewest 185 goals all season; Predators were third with 194

In Nashville, it's dubbed the Predator Way: Work hard, scrap, defend at all costs and score just enough timely goals to win.

Nashville certainly isn't changing its ways in the Western Conference semifinals.

"We're OK with the hard stuff," Nashville coach Barry Trotz said yesterday after practice. "If anybody's been around us

... we haven't done anything easy ever. The harder it gets, it might sound sick, but we get really good when it gets hard. Great resiliency, and I expect us to up our compete level and conviction level even higher."

The Predators evened up their series with Vancouver at 1-1 by pushing the Canucks into double overtime before winning 2-1 Saturday night. Only



CANUCKS

PREDATORS

► Time: 9 p.m.
Channel: CBC

three goals have been scored in the first two games, and the Canucks

are bracing for more of the same tonight for Game 3.

These teams feature two of the three Vezina Trophy finalists; Canucks goalie Roberto Luongo and Pekka Rinne of Nashville. Vancouver may have scored more goals in the regular season than anyone in the NHL, but the Canucks also held opponents to a league-fewest 185 goals. Nashville was third giving up 194.

Canucks coach Alain Vigneault said both teams also play very well without the puck.

"There's not a lot of room. There's not a lot of time out there to make plays, and he's a good goaltender. You've got to give him credit. I didn't expect coming into this these would be high-scoring games, and they haven't been so far," he said.

THE CANADIAN PRESS

Quoted



"Everybody wants more from Alex. I think he's trying out there. He's working hard. What are you going to say? ... We need more from everybody. We don't just need more from Alex."

CAPITALS COACH BRUCE BOUDREAU REJECTED THE NOTION THAT ALEX OVECHKIN HAS TO DO MORE IF HIS TEAM IS GOING TO COME BACK TO BEAT THE LIGHTNING AFTER LOSING THE FIRST TWO GAMES.

Sacramento gets another shot

The Kings and the NBA gave Sacramento one last chance to prove it deserves to be an NBA city.

Now it's up to Mayor Kevin Johnson and the business community to come up with a viable plan for a new arena after so many failed attempts in the past.

"This is one of the proudest moments of my life because the community believed when no one else did," Johnson said yesterday. "We kept believing. And if you believe, anything is possible."

The decision by the Maloof family to keep their

team in Sacramento rather than apply for relocation to Anaheim, Calif., is only temporary. Co-owner Joe Maloof and NBA Commissioner David Stern made clear that the team will leave after next season if an arena plan is not in place.

THE ASSOCIATED PRESS

Norwich back in Premiership

Norwich was promoted to the Premier League yesterday after a six-year absence from England's top flight.

Paul Lambert's side ensured it would finish in the League Championship's top

two by beating Portsmouth 1-0 after third-place Cardiff was beaten 3-0 by Middlesbrough. Norwich was also promoted from the third tier last season.

THE ASSOCIATED PRESS


Scan code for more sports

4
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NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern
CONFERENCE SEMI-FINALS
(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY
(Tampa Bay leads 2-0)

Sunday's result
x-Tampa Bay 3 Washington 2 (OT)
Tonight's game
Washington at Tampa Bay, TBA
Wednesday's game
Washington at Tampa Bay, 7 p.m.
Saturday, May 7
x-Tampa Bay at Washington, 12:30 p.m.
Monday, May 9
x-Washington at Tampa Bay, TBA
Wednesday, May 11
x-Tampa Bay at Washington, TBA
PHILADELPHIA VS. BOSTON
(Boston leads 2-0)
Last night's result
Boston 3 Philadelphia 2 (OT)
Tomorrow's game
Philadelphia at Boston, 7 p.m.
Friday's game
Philadelphia at Boston, 8 p.m.
Sunday, May 8
x-Boston at Philadelphia, 3 p.m.
Tuesday, May 10
x-Philadelphia at Boston, TBA
Thursday, May 12
x-Boston at Philadelphia, TBA

WESTERN CONFERENCE
VANCOUVER VS. NASHVILLE
(Series tied 1-1)
Saturday's result
Nashville 2 Vancouver 1 (2OT)
Tonight's game
Vancouver at Nashville, 9 p.m.
Thursday's game
Vancouver at Nashville, 8:30 p.m.
Saturday, May 7
Nashville at Vancouver, 8 p.m.
Monday, May 9
x-Vancouver at Nashville, TBA
Wednesday, May 11
x-Nashville at Vancouver, TBA
SAN JOSE VS. DETROIT
(San Jose leads 2-0)
Sunday's result
San Jose 2 Detroit 1
Tomorrow's game
San Jose at Detroit, 8 p.m.
Friday's game
San Jose at Detroit, 7 p.m.
Sunday, May 8
x-Detroit at San Jose, 8 p.m.
Tuesday, May 10
x-San Jose at Detroit, TBA
Thursday, May 12
x-Detroit at San Jose, TBA
x—if necessary.

LIGHTNING 3, CAPITALS 2 (OT)
First Period
1. Tampa Bay, Lecavalier 3 (St. Louis, Malone) 19:01 (pp)
Penalties — Knuble Wash (interference) 7:14, Downie TB (holding) 9:04, B.Jones TB (tripping) 12:11, Clark TB (cross-checking) 14:08, Ovechkin Wash (high-sticking) 17:56.
Second Period
2. Washington, Laich 1 (Backstrom, Erskine) 14:52
Penalties — Malone TB (high-sticking) 1:33,

Bergeron TB (hooking) 4:17, Green Wash (roughing) 6:02, Bergenheim TB (hooking) 11:00, Schultz Wash (holding) 15:28.

Third Period
3. Tampa Bay, St. Louis 5 (Purcell) 7:35
4. Washington, Ovechkin 4 (Arnott, Laich) 18:52
Penalty — Green Wash (roughing) 8:32.
First Overtime
5. Tampa Bay, Lecavalier 4 (Purcell, R.Jones) 6:19
Penalties — None.

Shots on goal by
Tampa Bay 6 3 11 3 —23
Washington 11 16 5 5 —37
Goal — Tampa Bay: Roloson (W,6-3-0); Washington: Neuvirth (L,4-3-0).

Power plays (goals-chances) — Tampa Bay: 1-5; Washington: 0-6.
Referees — Chris Lee, Tim Peel.
Attendance — 18,398 (18,398).

SCORING LEADERS

	G	A	PT
Giroux, Pha	1	10	11
St. Louis, TB	5	5	10
Lecavalier, TB	4	6	10
Cammalleri, Mtl	3	7	10
P.Bergeron, Boston	2	8	10
Clowe, SJ	4	5	9
Downie, TB	2	7	9
Briere, Pha	7	1	8
Marchand, Bos	3	5	8
Datsyuk, Det	2	6	8
Perry, Ana	2	6	8
Purcell, TB	1	7	8
Selmane, Ana	6	1	7
D.Sedin, Vcr	5	2	7
Burrows, Vcr	4	3	7
Ovechkin, Wash	4	3	7
Couture, SJ	2	5	7
Gagne, TB	2	5	7
Gagnani, Buf	1	6	7
S.Koivu, Ana	1	6	7
Keith, Chi	4	2	6
Fisher, Nash	3	3	6
Kelly, Bos	3	3	6
Ward, Nash	3	3	6
Bolland, Chi	2	4	6
Getzlaf, Ana	2	4	6
Hossa, Chi	2	4	6

J.Thornton, SJ 2 4 6
Brewer, TB 1 5 6
P.Kane, Chi 1 5 6
Laich, Wash 1 5 6
Myers, Buf 1 5 6
M.Richards, Pha 1 5 6
L.White, SJ 1 5 6
van Riemsdyk, Pha 5 0 5
Vaneek, Buf 5 0 5
Bergenheim, TB 4 1 5
Horton, Bos 4 1 5
Pavelski, SJ 4 1 5
Semin, Wash 4 1 5
Doan, Phx 3 2 5
Clifford, LA 3 2 5
Gionta, Mtl 3 2 5
Krejci, Bos 3 2 5
Leino, Pha 3 2 5
Sharp, Chi 3 2 5
Stamkos, TB 3 2 5
S.Weber, Nash 3 2 5
Frolrik, Chi 2 3 5
Heatley, SJ 2 3 5
Holmstrom, Det 2 3 5
Johansson, Wash 2 3 5

Not including last night's game

TENNIS

MADRID OPEN

At Madrid
MEN
Singles
First Round
Gael Monfils (9), France def. Ivo Karlovic, Croatia, 6-3, 7-6 (6).
John Isner, U.S., def. Mardy Fish (11), U.S., 7-6 (5), 4-6, 7-6 (3).
Flavio Cipolla, Italy, def. Andy Roddick (12), U.S., 6-4, 6-7 (7), 6-3.
Michael Llodra, France, def. Sam Querrey, U.S., 6-2, 6-3.
Pere Riba, Spain, def. Kei Nishikori, Japan, 6-2, 6-4.
Adrian Mannarino, France, def. Juan Ignacio Chela, Argentina, 4-6, 6-4, 6-4.
Sergiy Stakhovsky, Ukraine, def. Albert Montanes, Spain, 7-6 (6), 3-6, 7-6 (5).
Marin Cilic, Croatia, def. Potito Starace, Italy, 7-6 (5), 6-4, 6-0.
Xavier Malisse, Belgium, def. Victor Hanescu, Romania, 3-6, 6-4, 7-5.
Thiermo de Bakker, Netherlands, def. Juan Carlos Ferrero, Spain, 2-6, 7-5, 6-4.
Marcos Baghdatis, Cyprus, def. Alejandro Fal-la, Colombia, 6-3, 3-6, 7-6 (5).
Daniel Gimeno-Traver, Spain, def. Richard Gasquet, France, 3-6, 6-4, 6-3.

WOMEN
Singles
First Round
Li Na (6), China, def. Maria Jose Martinez Sanchez, Spain, 6-4, 7-6 (6).
Alisa Kleybanova, Russia, def. Shahar Peer (9), Israel, 6-3, 6-2.
Iveta Benesova, Czech Republic, def. Barbora Zlahavova Strycova, Czech Republic, 6-3, 6-2.
Roberta Vinci, Italy, def. Olga Govortsova, Belarus, 6-4, 6-0.
Lucie Safarova, Czech Republic, def. Anabel Medina Garrigues, Spain, 6-2, 2-6, 7-6 (3).
Second Round
Vera Zvonareva (2), Russia, def. Elena Vesni-na, Russia, 0-6, 6-3, 6-3.
Victoria Azarenka (4), Belarus, def. Sofia Arvidsson, Sweden, 6-1, 6-1.
Maria Sharapova (8), Russia, def. Ekaterina Makarova, Russia, 6-3, 3-6, 6-1.
Aranxa Parra Santonja, Spain, def. Andrea Petkovic (13), Germany, 6-2, 7-6 (5).

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	17	9	.654	—
Tampa Bay	15	13	.536	3
Baltimore	13	13	.500	4
Toronto	13	15	.464	5
Boston	12	15	.444	5½

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	17	.414	8
Chicago	10	19	.345	10
Minnesota	9	18	.333	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	16	12	.571	—
Texas	16	13	.552	½
Oakland	15	14	.517	1½
Seattle	13	16	.448	3½

Yesterday's results
Oakland 5 Texas 4 (10 ins)
N.Y. Yankees 5 Detroit 3
L.A. Angels at Boston
Baltimore at Chicago White Sox
Sunday's results
Cleveland 5 Detroit 4
N.Y. Yankees 5 Toronto 2
Boston 3 Seattle 2
L.A. Angels 6 Tampa Bay 5
Baltimore 6 Chicago White Sox 4
Kansas City 10 Minnesota 3
Oakland 7 Texas 2
Tonight's games
Toronto (Jo-Reyes 0-2) at Tampa Bay
(W.Davis 3-2), 6:40 p.m.
N.Y. Yankees (Sabathia 2-1) at Detroit (Penny 1-3), 7:05 p.m.
L.A. Angels (Haren 4-1) at Boston (Lester 3-1), 7:10 p.m.
Baltimore (Bergesen 0-3) at Kansas City (Francis 0-3), 8:10 p.m.
Minnesota (Liriano 1-4) at Chicago White Sox (E.Jackson 2-3), 8:10 p.m.
Cleveland (Carmona 2-3) at Oakland (T.Ross 1-2), 10:05 p.m.
Texas (Ogando 3-0) at Seattle (Bedard 1-4), 10:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern
DIVISIONAL SEMI-FINALS
EAST DIVISION
Yesterday's result
Toronto 10 Rochester 8
Saturday's result
Buffalo 11 Boston 10
WEST DIVISION
Saturday's results
Calgary 10 Colorado 6
Washington 14 Minnesota 8
DIVISIONAL FINALS
Saturday, May 7
EAST DIVISION
Toronto at Buffalo, 7:30 p.m.
WEST DIVISION
Washington at Calgary, 9:30 p.m.

CHAMPIONSHIP
Champions Cup
East vs. West champions, TBA

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	18	9	.667	—
Florida	17	9	.654	½
Atlanta	15	15	.500	4½
Washington	14	14	.500	4½
New York	12	16	.429	6½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	16	12	.571	—
Cincinnati	14	14	.500	2
Milwaukee	13	15	.464	3
Pittsburgh	13	15	.464	3
Chicago	12	15	.444	3½
Houston	11	17	.393	5

WEST DIVISION

	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	15	.464	5
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Last night's games
Atlanta 6 Milwaukee 2
Washington 2 San Francisco 0
Houston at Cincinnati (ppd., rain)
Florida at St. Louis
Pittsburgh at San Diego
Chicago Cubs at L.A. Dodgers
Sunday's results
Washington 5 San Francisco 2
Atlanta 6 St. Louis 5
Houston 5 Milwaukee 0
Pittsburgh 8 Colorado 4
Arizona 4 Chicago Cubs 3
Florida 9 Cincinnati 5
San Diego 7 L.A. Dodgers 0
N.Y. Mets 2 Philadelphia 1 (14 ins)
Tonight's games
Washington (L.Hernandez 3-2) at Philadelphia (Hamels 3-1), 7:05 p.m.
Houston (Happ 1-4) at Cincinnati (Leake 3-0), 7:10 p.m.
Milwaukee (Estrada 1-0) at Atlanta (Hanson 3-3), 7:10 p.m.
San Francisco (Vogelsong 1-0) at N.Y. Mets (Dickey 1-3), 7:10 p.m.
Florida (Ani.Sanchez 1-1) at St. Louis (McClellan 4-0), 8:15 p.m.
Colorado (De La Rosa 4-0) at Arizona (J.Saunders 0-3), 9:40 p.m.
Pittsburgh (Karstens 2-1) at San Diego (Latos 0-4), 10:05 p.m.
Chicago Cubs (Dempster 1-3) at L.A. Dodgers (Billingsley 2-1), 10:10 p.m.

SOCCER

SPAIN

LA LIGA
Yesterday's result
Espanyol 2 Athletic Bilbao 1

ITALY

SERIE A
Yesterday's result
Lazio 0 Juventus 1

EUROPEAN CHAMPIONS LEAGUE
SEMI-FINALS — Second Leg
Today's game
Barcelona (Spain) vs. Real Madrid (Spain), 2:45 p.m.

NBA

PLAYOFFS

All times Eastern
SECOND ROUND
(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Atlanta (5)
Last night's result
Atlanta at Chicago
Miami (2) vs. Boston (3)
(Miami leads 1-0)
Sunday's result
Miami 99 Boston 90
Tonight's game
Boston at Miami, 7 p.m.
WESTERN CONFERENCE
L.A. Lakers (2) vs. Dallas (3)
Last night's result
Dallas at L.A. Lakers
Oklahoma City (4) vs. Memphis (8)
(Memphis leads 1-0)
Sunday's result
Memphis 114 Oklahoma City 101
Tonight's game
Memphis at Oklahoma City, 9:30 p.m.

GOLF

WORLD GOLF RANKING

Through May 2

1. Lee Westwood	ENG	8.22
2. Martin Kaymer	GER	7.55
3. Luke Donald	ENG	7.27
4. Phil Mickelson	USA	6.55
5. Graeme McDowell	NIR	5.65
6. Rory McIlroy	NIR	5.54
7. Tiger Woods	USA	5.54
8. Paul Casey	ENG	5.49
9. Steve Stricker	USA	5.34
10. Bubba Watson	USA	5.24
11. Matt Kuchar	USA	5.24
12. Charl Schwartzel	SAF	5.08
13. Dustin Johnson	USA	5.07
14. Jim Furyk	USA	4.79
15. Nick Watney	USA	4.61
16. Ernie Els	SAF	4.34
17. Adam Scott	AUS	4.21
18. Ian Poulter	ENG	4.12
19. Francesco Molinari	ITA	4.07
20. Hunter Mahan	USA	4.05
21. Martin Laird	SCO	3.99
22. Martin Karlsso	SWE	3.98
23. Miguel Angel Jimenez	ESP	3.92
24. Jason Day	AUS	3.87
25. Retief Goosen	SAF	3.80

LPGA MONEY LEADERS

Through May 1

1. Yani Tseng	6	\$570,478
2. Karrie Webb	6	\$492,863
3. Stacy Lewis	6	\$425,405
4. Sandra Gal	5	\$328,015
5. I.K. Kim	4	\$271,144
6. Maria Hjorth	5	\$270,980
7. Michelle Wie	5	\$258,881
8. Morgan Pressel	6	\$228,693
9. Na Yeon Choi	5	\$220,551
10. Jiayi Shin	5	\$217,112
11. Cristie Kerr	6	\$217,029
12. Paula Creamer	6	\$197,306
13. Angela Stanford	6	\$194,753
14. Suzann Pettersen	5	\$183,496
15. Song-Hee Kim	6	\$178,374
16. Sun Young Yoo	6	\$169,484
17. Brittany Lincicome	6	\$169,159
18. Amy Yang	6	\$146,749
19. Juli Inkster	6	\$133,194
20. Katie Futcher	4	\$128,610
21. Mika Miyazato	5	\$117,964
22. Minny Kim	4	\$104,440
23. Andrea Nordqvist	5	\$100,739
24. Katherine Hull	6	\$85,388
25. Catriona Matthew	4	\$82,444



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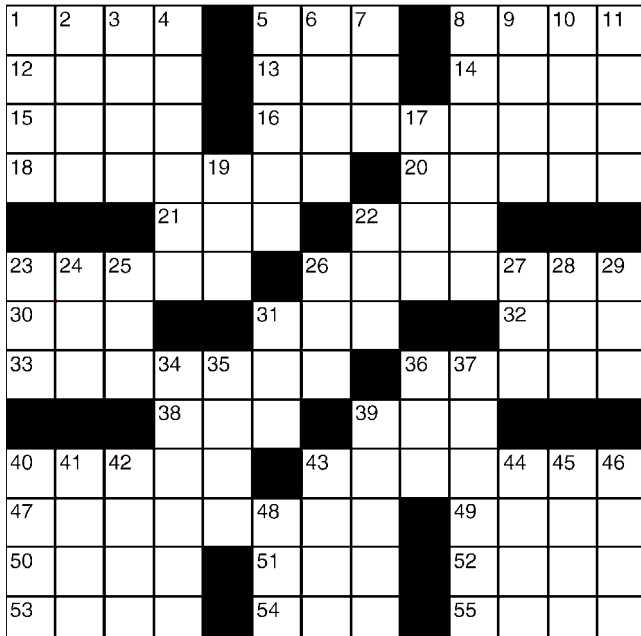
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Crossword

Across

- 1 Teen's woe
5 "El —"
8 Hand warmer
12 Haul behind
13 Modern-day evidence
14 Norway's capital
15 Deep sound from a bell
16 "Swiss Family —"
18 Big name in TV dinners
20 Exposed
21 Resistance measure
22 Energy
23 Canyon
26 Noted NYC avenue
30 Lawyers' org.
31 Lustrous black
32 Exist
33 Springfield surname
36 Moolah
38 Choose
39 Baby food
40 Flight component
43 State capital on the Pearl River
47 "Locksley Hall" poet
49 Beige
50 Oodles
51 — out a living
52 Right on the map?
53 Longings
54 Slithery fish
55 Experts
Down
1 Tosses in
2 Cornfield invader
3 "Peter Pan" pooch
4 One full of Christmas spirit?
5 PC insert
6 Privy to



- 7 Slight touch
8 Address for a French friend
9 Cold War abbr.
10 Iceberg chunk
11 Loving
17 Footnote abbr.
19 That woman
22 Cistern
23 Petrol
24 Kimono closer
25 Aries
26 Chaps
27 Pouch
28 Bobby of hockey lore

- 29 Born
31 Make marginalia
34 "1,000 — of light"
35 Agile
36 Fond du —, Wis.
37 Maintenance
39 "What's My Line?" group
40 Remain
41 Far (Pref.)
42 Unsigned (Abbr.)
43 Gag
44 Cicatrix
45 Approximately
46 Crazy
48 Witness

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

To Hermosa Caracolita Heleny. I love you so much my beautiful little snail girl! You're the most special and beautiful I've ever had in my whole life and all I want to have forever! Thanks for giving me the opportunity to be in your life! You make me the happiest man in the entire universe! I Love You!! Never forget it!! From Tu Eternamente Enamorado CARLITOS

Dear honey bunny, i know that you always do sudoku and other stuff in metro, and i wanted you to know that im really happy that savage introduced us last year. love you lots <3 From YOUR OTHER HALF Rudy, In the past three years we have been through a lot. We have hurt eachother in more ways than one. I hope our friendship last a lifetime. I will always have a special place for you in my heart. From BEST FRIEND

Today's horoscope

♈ **Aries** March 21-April 20 You need to get serious about your cash flow situation.

♉ **Taurus** April 21-May 21 Aim for the sky today and for the rest of the week — you'll reach it with ease.

♊ **Gemini** May 22-June 21 You don't have to do anything special, but you do have to think — deeply.

♋ **Cancer** June 22-July 22 Think of all the times you've held back in the past and regretted it. Act now.

♌ **Leo** July 23-Aug. 23 If you are in any way dissatisfied with your lot, now is the time to make changes.

♍ **Virgo** Aug. 24-Sept. 22 Be positive at all times and in all things, and you'll thrive.

♎ **Libra** Sept. 23-Oct. 23 If money is a problem don't be afraid to ask others for assistance — they'll help because they believe in you.

♏ **Scorpio** Oct. 24-Nov. 22 Be more open about what you desire.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Do something today that brings the freshness back into your life.

♑ **Capricorn** Dec. 22-Jan. 20 No matter how cautious you may be most of the time this is a day when you can be bold.

♒ **Aquarius** Jan. 21-Feb. 18 Your home life is a bit tense at the moment.

♓ **Pisces** Feb. 19-March 20. Just trust that fate in its wisdom knows what you need. It always does. — SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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